

Zucchini Bread Recipes

Healthy No-Bake Oreo Cheesecake Bites

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Crust

- [ ] 1 1/2 cups oat flour (or finely ground oats)
- [ ] 1/4 cup cocoa powder
- [ ] 2 tbsp melted coconut oil
- [ ] 2 tbsp honey or maple syrup

Filling

- [ ] 8 oz reduced-fat cream cheese, softened
- [ ] 1/2 cup Greek yogurt
- [ ] 2 tbsp honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon juice
- [ ] 4 Oreo-style oat cookies, crushed for garnish

Instructions

1. Combine oat flour, cocoa powder, melted coconut oil, and honey in a bowl; stir until a cohesive crumb forms.



2. Press the crumb mixture firmly into the bottom of a silicone mini-muffin tray, creating an even layer.



3. In a separate bowl, beat together cream cheese, Greek yogurt, honey, vanilla, and lemon juice until smooth and airy.



4. Spoon the creamy filling over each crust, smoothing the top with the back of a spoon.



5 Refrigerate for at least two hours; then garnish each bite with a crushed Oreo-style cookie.



Nutrition per serving

120 kcal	4 g	15 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the crust feels dry, add a splash more melted coconut oil.
- For extra chocolate depth, stir a pinch of espresso powder into the filling.
- Make sure the cream cheese is at room temperature to avoid lumps.